



PEACH COBBLER

By Dr. Cindy Tanzar
(Standard)

Fresh peaches are a summertime favorite, and they are even more delicious baked into a cobbler. This tasty recipe is a continuation to the Baked Peaches recipe by adding an almond flour crumble on top for an extra layer of yumminess. The almond flour topping adds 3 grams of protein and additional fat, which will not be a big concern. Protein and fat help with the spiking of blood sugar from the natural fruit sugars.

This recipe makes two servings. One serving covers your fruit and fat for one meal.



INGREDIENTS

2 peaches, stones removed, sliced into small wedges then cut each wedge in half
2 Tbsp Swerve Brown or Lakanto Golden
1/4 tsp + 1/8 tsp cinnamon (or 1/4 tsp cinnamon + 1/8 tsp nutmeg)
2 tsp fresh lemon juice
2 Tbsp Kerry Gold butter
3-4 drops liquid stevia, optional for added sweetness



COBBLER TOPPING

1 cup almond flour
2 Tbsp Swerve Brown or Lakanto Golden
2 Tbsp Kerry Gold butter

INSTRUCTIONS

Preheat oven to 400°F. Lightly grease ramekins (can use 2 small or one just large enough to hold two peaches).

Add peaches, Swerve, cinnamon, lemon juice and stevia (if using) into a bowl and lightly mix. Divide mixture into two small ramekins or put it all into one larger ramekin. Dot the top with butter (1 Tbsp for each small ramekin).

In a bowl mix the almond flour, Swerve and butter with a fork until it forms a nice cookie dough type of texture. Place it on top of the peaches.

Bake for 20 minutes.